



**REGIONAL DEVELOPMENT CLINIC  
PROGRAMME**

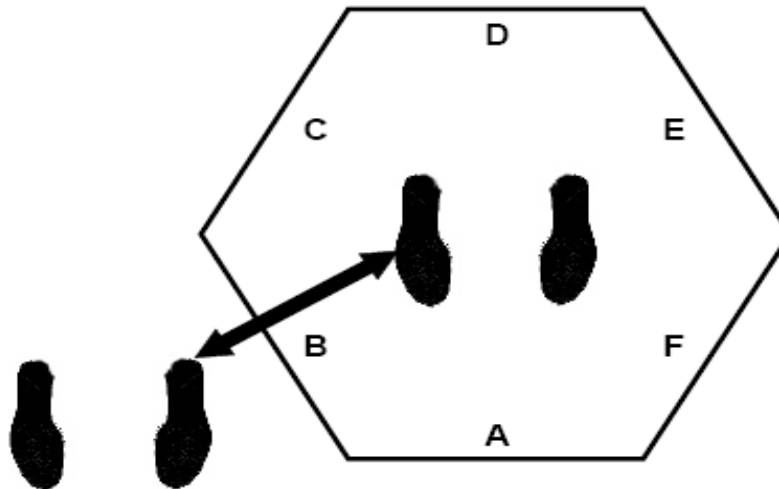
**GOALKEEPER COACH**

**2010**

## GK EXERCISE 1

### Agility Test

Mark a 66cm hexagon with chalk on the surface (you will need a tape measure, stop watch and recording sheet).



#### Method

- The athlete stands in the middle of the hexagon, facing line A.
- At all times throughout the test the athlete is to face line A.
- On the command GO the watch is started and the athlete jumps with both feet over line B and back to the middle, then over line C and back to the middle, then line D and so on.
- When the athlete jumps over line A and back to the middle this counts as one circuit.
- The athlete is to complete three circuits.
- On completion of three circuits, the watch is stopped and the time recorded.
- The athlete rests and then repeats the test.
- On completion of the second test determine the average of the two recorded times.
- *If you jump the wrong line or land on a line then the test is to be restarted.*

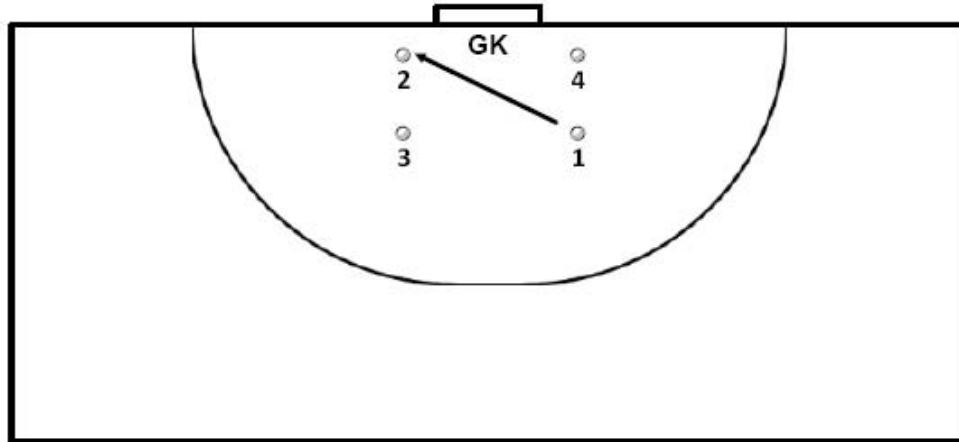
The following are norms for 16-19 year olds

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	<11.2s	11.2 - 13.3s	13.4-15.5s	15.6-17.8s	>17.8s
Female	<12.2s	12.2 - 15.3s	15.4-18.5s	18.6-21.8s	>21.8s

## GK EXERCISE 2

### Agility/Speed Up Off Ground

This drill is good for practicing both left and right side dives and for getting power in both left and right kick. More than one exercise grid can be set up if the GK group is large.



#### **Method:**

- Keeper starts in centre of goal in neutral position
- Keeper runs out to ball 1 as fast as possible and clears wide with right kicker (soccer kick)
- Turn and sprint back to ball #2. Slide and save with stick - clear as far as possible
- Run back to start, settle and repeat with balls 3 and 4
- Whole drill should be done at high intensity - sprinting and getting down and up as quick as possible

#### **Kicking Coaching Points:**

- Similar to kicking a soccer ball
- Weight remains on the planted foot
- One foot is planted while the other is swung to kick the ball
- Dangerous to kick across body with this kick

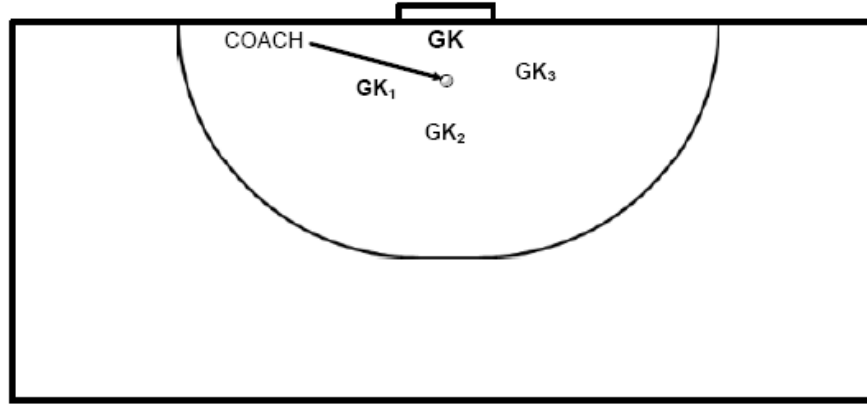
#### **Diving Coaching Points:**

- Movement must be quick and decisive
- Keeper must attempt to play the ball
- Keeper aiming to slide through clearing ball far enough away to prevent rebound

## GK EXERCISE 3

### 3v1 - Keepers Favourite

This exercise is to encourage footwork and ball control. The defensive goalkeeper must work on staying mobile. The attacking goalkeepers do not have sticks they pass and shoot soccer style.



#### Method

- Set up with one keeper in goal (defender) and three others spaced in front of it (attackers)
- Coach plays ball into 7 yard area - either directly to an attacker or in the middle
- Athletes can pass the ball around or shoot at goal
- Defender must save shot on goal and clear ball out of circle

#### Attackers Coaching Points - Soccer Kick

- Similar to kicking a soccer ball
- Weight remains on the planted foot
- One foot is planted while the other is swung to kick the ball
- Should only be used in low pressure situations e.g. when ball is moving slowly or where there is no pressure from a close attacker
- Dangerous to kick across body with this technique

#### Defenders Coaching Points

- Attempt to reduce the gap between the pads etc
- Depending on how close to attackers drop gloves and stick

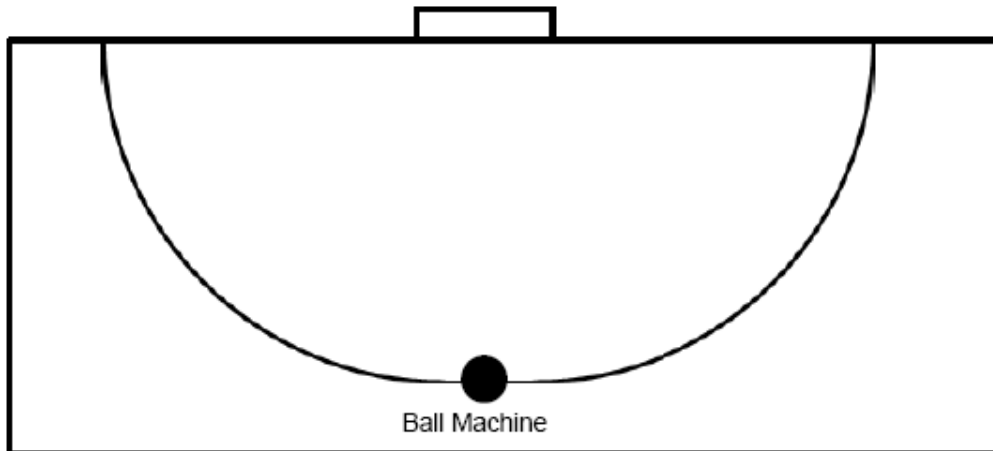
## GK EXERCISE 4

### Penalty Corners

This exercise is to cover key concepts for Penalty Corner saves.

The coach is to use the ball machine to simulate:

- straight shot from top
- lay off
- drag flick



#### **Method:**

Work through basic corner positioning, propping, dropping etc.

#### **Positioning Coaching Points:**

- Move out two to four steps (depending on goalkeepers size)
- If going down goalkeeper should just cover right post with stick
- On feet goalkeeper should be in the middle of the goal

#### **Dropping Coaching Points:**

- GK must wait until they are certain it's a hit before going down
- Resting on the elbow can help with vision, but GK needs to be aware of gap under shoulder
- When the ball is aimed from the waist region up, the GK should attempt to wedge the ball. Once trapped the hand should lift off the ball, but still remain above it as a cover
- Legs must be closed and body perpendicular to the shot
- The GK allows the defenders to clear the ball away from danger (GK can still protect ball while in this position)
- It is important that the goalkeeper is capable of quickly getting back to their feet (weight going forward while getting up is ideal)

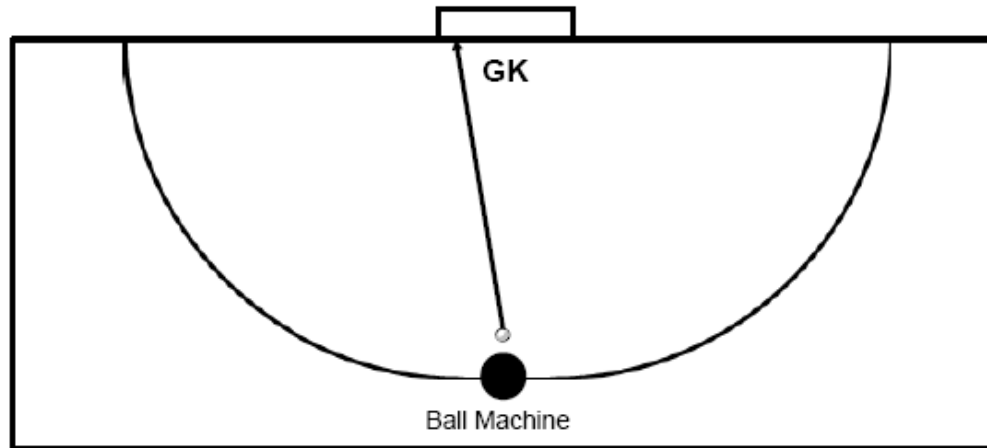
#### **Drag Flick Coaching Points**

- Run out to same position as if lying
- Prop in standard ready position
- Depending on speed of flick - whether it is necessary to dive
- Ability to work on specific saves here: Bottom Left/Right etc

## GK EXERCISE 5

### Technique Work 1

This exercise covers the neutral position, lunge saves and glove work.



#### Neutral Position Coaching Points:

- Balanced and comfortable
- Knees slightly bent and legs shoulder width apart
- Feet pointing forwards
- Weight should be on balls of feet
- Eyes, knees, toes is a rough guide
- Hands should be held up and elbows bent
- Make sure gloves are in front of body
- The goalkeeper should be positioned so that a straight line from the ball to the centre of the goal passes directly through the middle of their chest
- Goalkeepers should know where their posts are at all times

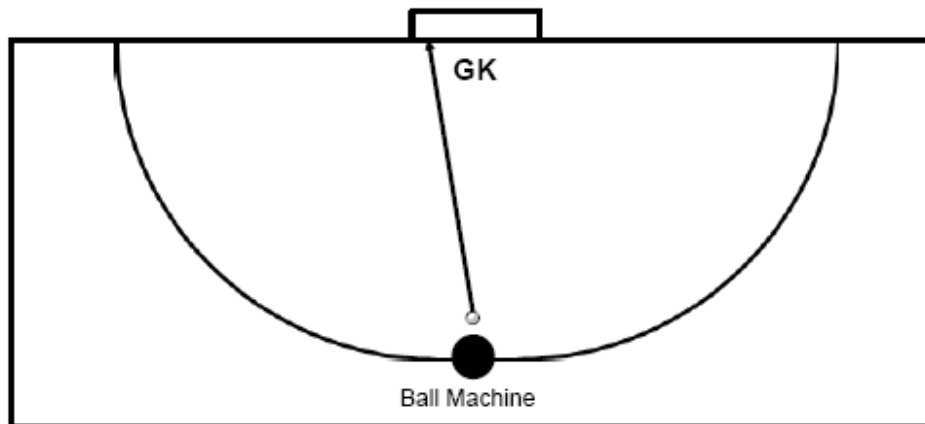
#### Lunge Save Coaching Points:

- Lunge movement
- Keeper leads with the head & steps through the ball
- Weight is transferred to the kicking foot
- Use angle of kicker to get direction
- It is important that their weight is forward & the keeper isn't reaching for the ball (head over clearing foot)

## GK EXERCISE 6

### Technique Work 2

This exercise covers the neutral position, lunge saves and glove work.



#### Glove & Stick Save General Coaching Points:

- Should always be able to see hands
- Move through the save to give the ball momentum
- Avoid using gloves for low shots – puts keeper in difficult body position
- Make saves in front of the line of the body
- New Rule for GK:

Goalkeepers may use their stick, feet, kickers, legs or leg guards to propel the ball forcefully.

Goalkeepers are also permitted to use their stick, protective equipment or any part of their body to push the ball away, deflect the ball (in any direction, including over the backline) or stop the ball. This permits goalkeepers to use their hands, arms or any part of their body to move the ball away as part of a goal saving action. However, they should not propel the ball forcefully so that it travels a long distance.

- So keepers can now use any part of body to save/deflect/push ball away (including gloves)
- Can play ball aerially - will only be penalised for danger

#### Glove Side Coaching Points:

- Move to ball – Use body movement to get power behind save
- Don't leave feet stationary
- Always try to present the largest amount of glove face to the ball
- As a general rule, if the ball is above shoulder height have fingers pointing up. If ball is below shoulder height have them down.
- Change the angle of your glove depending on where you want to deflect the ball.

#### Stick Side Coaching Points:

- As with the glove side, move to the ball
- If the ball is close enough to the body, make the save with the glove hand
- If too far to reach with Left Glove - Use stick to make the save
- Stick Saves
- move your entire body to the ball
- Reaching for ball with Right hand Glove
- Use of Stick like an extension of your arm (stick movement only in one plane)

